

LIFEGUARD CERTIFICATION

through Blended Learning

Take part in our upcoming American Red Cross Lifeguarding and First Aid certification course. The blended learning format divides the class into two segments: online and skills practice in class. The online portion allows students to complete the lessons in between classes, optimizing the practical application and review of learned skills during pool time.

Dates: Saturdays, Nov 8 - Dec 20

Time: Begins at 4:30PM. Class has different end times. Latest is 8:45PM. List of times will be provided with registration.

Location: Evans Pool/Green Lake Community Center
7201 E. Green Lake Dr. N. Seattle, WA 98115

Cost: \$125 + \$35 registration for online access through Red Cross

Register: In person at the Pool, by phone: 206-684-4961, or online at <http://class.seattle.gov/parks>

Course Code: #1231801

Prerequisites: Must be at least 15 years old, must pass course pre-test*, *must attend every class*, no make-ups, no exceptions!

Free Pre-test: Sep. 18, 7:00-8:00PM #123574, Sep. 20, 2:30-3:30PM #123575

- 300 yard swim, 100 yard crawl stroke, 100 yard breaststroke, 100 yard choice.
- Within 1 minute and 40 seconds, enter the water and swim 20 yards to retrieve a 10lb brick 7-10 feet deep. Without touching ground or allowing the brick to submerge, swim the brick back to the end point and exit the pool.

Books: Can be downloaded for free at <http://www.redcross.org/take-a-class/program-highlights/lifeguarding#lifeguarding>

